

Breakfast	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Milk (1 cup)							
Juice or Fruit or Vegetable (½ cup)							
Grains/Breads* Bread (1 slice) or Cold Cereal (¾ cup) or Hot Cereal (½ cup)							
Other foods (Do Not Count)							
Lunch							
Milk (1 cup)							
Meat/Meat Alternate Meat, Poultry or Fish (2 oz.) or Cheese (2 oz.) or Egg (1 large) or Peanut Butter (4 Tbsp.) or Cooked Dried Beans and Peas (½ cup) or Yogurt (1 cup)							
Grains/Breads* Bread (1 slice) or Pasta and Grains (½ cup)							
Fruits and/or Vegetables (two or more servings for ¾ cup total)	1.	1.	1.	1.	1.	1.	1.
	2.	2.	2.	2.	2.	2.	2.
Other foods (Do Not Count)							
Supper							
Milk (1 cup)							
Meat/Meat Alternate Meat, Poultry or Fish (2 oz.) or Cheese (2 oz.) or Egg (1 large) or Peanut Butter (4 Tbsp.) or Cooked Dried Beans and Peas (½ cup) or Yogurt (1 cup)							
Grains/Breads* Bread (1 slice) or Pasta and Grains (½ cup)							
Fruits and/or Vegetables (two or more servings for ¾ cup total)	1.	1.	1.	1.	1.	1.	1.
	2.	2.	2.	2.	2.	2.	2.
Other foods (Do Not Count)							

Note: The quantities of food specified are the minimum serving sizes for children 6-18.

*See "Serving Sizes for Grains/Breads in the CACFP" for specific serving sizes.